

# the buzz

March 2019



## Employee Testimonial

“I was not old enough to get a mammogram, but due to my family history, my doctor was able to refer me. The Siteman Cancer Center van did find a lump on the right breast, and I was scheduled for further testing. The lump turned out to be benign, and I was very relieved! I encourage all women over 40, especially those with family history, to schedule a mammogram.”

**BREAST CANCER** is the second most common cancer among women, affecting one in eight during their lifetime. Mammograms are the best way to find breast cancer early when it is more treatable. The earlier the cancer is caught, the better chance a person has of surviving after diagnosis.

### What Is a Mammogram?

Regular mammograms are the best tests doctors have to find breast cancer early. A mammogram is an X-ray picture of the breast. Doctors use a mammogram to look for early signs of breast cancer. **Women 40 and over do not require a physician referral to be screened, and the screening is free.**

### Decrease your risk now!

All women, no matter what age, should:

- Keep a healthy weight and exercise regularly.

- Limit the amount of alcohol you drink.
- If you are taking hormone replacement therapy or birth control pills, ask your doctor about the risks to find out if these are right for you.
- Know your family history of breast cancer. If you have a close relative with breast cancer, ask your doctor how you can manage your risk.

### Make your appointment today!

Schedule your screening with the Siteman Cancer Center Mammography Van. Appointments must be made in advance by calling 800-600-3606 (press Option 2) between 8 a.m.-4:30 p.m., Monday-Friday. Appointments are strongly recommended and walk-ins are accepted as time permits.

## BOOK YOUR MAMMOGRAM 1-800-600-3606 (option #2)

Wednesday, March 27	City Hall 1200 Market St., Parking lot, St. Louis, MO 63013	8 a.m.-3 p.m.
Friday, April 5	Medium Security Institution 7600 Hall St., St. Louis, MO 63147	7 a.m.-3 p.m.
Thursday, May 16	City Hall 1200 Market St., Parking lot, St. Louis, MO 63013	8 a.m.-3 p.m.

**Check here for a complete list of City of St. Louis worksite screenings**

# City of St. Louis Bee-Fit Wellness Fair

PREVENTION - The Key to Wellness

Location:



Aero - An Event Space

**Date:** Wednesday, April 10

**Time:** 11 a.m.-3:30 p.m.

Prevention is the key to wellness! Spring into screenings this year at the Wellness Fair where you can schedule various screenings during your workday. The Wellness Fair will also feature fitness activities, door prizes and educational information.

**The Wellness Fair will include:**

- \$50 gift card at the Bee-Fit biometric screening
- Online cancer screenings offered by Siteman Cancer Center's Decrease Risk Team
- Vision screening
- Vein screening
- Hearing screening
- Fitness activities
- Door prizes

More registration information will be delivered via Community!



January Wellness  
Trivia Winner  
Lucas Seals

## March Happenings

### Wellness Fair "Healthie Selfie" Photo Challenge

Prevention is the key to wellness! What activities do you use to stay healthy? Share this activity by submitting a "healthie selfie" photo for a chance to win a Wellness Fair door prize.

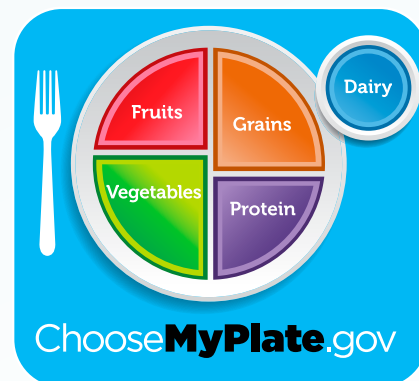
**Dates:** March 18-April 5

**How to play:**

- Submit a "healthie selfie" picture, like brushing your teeth, to Bee-Fit Wellness Coordinator Cathy Hargrove by e-mail [hargrovec@stlouis-mo.gov](mailto:hargrovec@stlouis-mo.gov) from March 18-April 5
- Earn a ticket(s) dependent on activity chosen. Please go to **the City of St. Louis employee wellness program web page** for a complete list of activities and ticket value(s).
- After you've completed a photo release, your picture will be posted at the Wellness Fair.
- Ticket(s) earned will be used for a chance to win one of the Wellness Fair door prizes.

### Celebrate Nutrition in March

Celebrate National Nutrition Month this March by exploring [ChooseMyPlate.gov](http://ChooseMyPlate.gov). Eating healthy is a journey that can improve over time by taking small steps to improve eating habits. [ChooseMyPlate.gov](http://ChooseMyPlate.gov) offers ideas and tips to help you create a healthier eating style that meets your individual needs and improves your health. Learn more about the five food groups with this **interactive quiz**.



A PARTNERSHIP OF THE  
City of St. Louis and BJC HealthCare



Provided by:  
Department of Personnel and BJC HealthCare  
for the Bee-Fit Wellness Program

For more information:  
Contact Cathy Hargrove at 314-622-4849 or  
[hargrovec@stlouis-mo.gov](mailto:hargrovec@stlouis-mo.gov)

Look for us on:



**BJC** HealthCare